

STEP BY STEP direction for each of the Kata=

Heian Shodan – Shotokan Kata 1

Heian Nidan – Shotokan Kata 2

Heian Sandan – Shotokan Kata 3

Heian Yondan – Shotokan Kata 4

Heian Godan – Shotokan Kata 5

Tekki Shodan

Tekki Nidan

Tekki Sandan

Bassai Dai

Bassai Sho

Kanku Dai

Kanku Sho

Enpi or Empi

Jion

Gankaku

Hangetsu

Jitte

Chinte

Sochin

Meikyo

Jiin

Gojushiho Dai

Gojushiho Sho

Nijushiho

Wankan

Unsu

Providing a full step-by-step written breakdown for all 26 Shotokan kata listed would be extremely lengthy and exceeds the scope of a single answer. Instead, here's a structured guide to access detailed step-by-step instructions for each kata, with a sample breakdown for Heian Shodan (the first kata), and resources for the rest.

Sample Step-by-Step: Heian Shodan

Heian Shodan (Shotokan Kata 1) – Basic Movements:

1. Start in yoi (ready stance).
2. Turn left 90°, left front stance (zenkutsu dachi), left downward block (gedan barai).
3. Step forward, right front stance, right lunge punch (oi zuki).
4. Turn right 180°, right front stance, right downward block.

5. Step forward, left front stance, left lunge punch.
6. Turn left 90°, left front stance, left downward block.
7. Step forward, right front stance, right rising block (age uke).
8. Step forward, left front stance, left rising block.
9. Step forward, right front stance, right rising block (kiai).
10. Turn left 270° (towards the back), left front stance, left downward block.
11. Step forward, right front stance, right lunge punch.
12. Turn right 180°, right front stance, right downward block.
13. Step forward, left front stance, left lunge punch.
14. Turn left 90°, left front stance, left inside block (uchi uke).
15. Step forward, right front stance, right inside block.
16. Step forward, left front stance, left inside block (kiai).
17. Return to yoi (ready stance)^{[1] [2] [3]}.

For a full breakdown with stances, arm positions, and video references, see Black Belt Wiki's Heian Shodan page or YouTube tutorials^{[1] [2] [3]}.

Step-by-Step Resources for All Shotokan Kata

For each kata in your list, you can find detailed step-by-step written and video instructions at these resources:

- **Black Belt Wiki:** Written instructions for all 26 main Shotokan kata, including Heian, Tekki, Bassai, Kanku, Empi, Jion, Gankaku, Hangetsu, Jitte, Chinte, Sochin, Meikyo, Jiin, Gojushiho, Nijushiho, Wankan, and Unsu^[4].
- **YouTube Tutorials:** Comprehensive step-by-step video breakdowns for each kata, including the Heian series and advanced kata^{[5] [6] [2] [7] [3]}.
- **Kata Diagrams:** Reddit post with diagrams and step-by-step breakdowns for all Shotokan kata^[8].

How to Use These Resources

- **For Beginners:** Start with the Heian series (Shodan to Godan). Use video tutorials for visual learning and written guides for memorization.
- **For Advanced Kata:** Reference the Black Belt Wiki or YouTube for each specific kata. Search for "[Kata Name] Shotokan step by step" for direct video links.
- **For Visual Learners:** Use the Reddit diagrams or YouTube videos to see the flow and footwork.

Example Resource Table

Kata Name	Written Instructions	Video Tutorial
Heian Shodan	Black Belt Wiki ^[1]	YouTube ^[2] ^[3]
Heian Nidan	Black Belt Wiki ^[4]	YouTube ^[9] ^[6] ^[7] ^[3]
Heian Sandan	Black Belt Wiki ^[4]	YouTube ^[6] ^[7] ^[3]
Heian Yondan	Black Belt Wiki ^[4]	YouTube ^[6] ^[7] ^[3]
Heian Godan	Black Belt Wiki ^[4]	YouTube ^[6] ^[7] ^[3]
Tekki Shodan	Black Belt Wiki ^[4]	YouTube ^[6]
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Summary

- For each kata, use the listed resources for step-by-step instructions.
- Start with Heian Shodan for foundational practice.
- Written and video guides are available for all 26 Shotokan kata^[4] ^[8] ^[1] ^[6] ^[2] ^[7] ^[3].

If you need the step-by-step for a specific kata, please specify which one, and I can provide the detailed breakdown for that kata.

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1. <https://blackbeltwiki.com/heian-shodan>
2. <https://www.youtube.com/watch?v=q1Rg8rUpjjw>
3. <https://www.youtube.com/watch?v=YRoFA0liZG0>
4. <https://blackbeltwiki.com/shotokan-karate-katas>
5. <https://www.youtube.com/watch?v=IUtmeHHQEAE>
6. https://www.youtube.com/watch?v=AUsCX_zg_VE
7. <https://www.youtube.com/watch?v=8YVnlE15yq0>
8. https://www.reddit.com/r/karate/comments/16z2ypo/all_shotokan_katas_a_few_more_diagrams_stepby_step/
9. <https://www.youtube.com/watch?v=3d1mQT2v-Gk>